

UNDIAGNOSED HYPERTENSION



SASH® Finds Hypertension Hiding in Plain Sight

THE CHALLENGE

Approximately 11 million U.S. adults have undiagnosed hypertension, or high blood pressure, and nearly one in eight patients with hypertension might not have a diagnosis.*

*www.millionhearts.hhs.gov

SASH staff work with participants to uncover those with undiagnosed hypertension, connect them with treatment, and support them in managing their blood pressure.

SASH APPROACH

894 SASH participants entered the program with blood pressure in stage 1 or 2 and no hypertension diagnosis

IDENTIFY SASH staff identify participants with high blood pressure

Annual blood pressure checks (BP) at wellness assessment, BP loaners, BP clinics on-site

EDUCATE & REFER SASH staff support participants to get diagnosed and treated

BP tracking tools, sharing BP data with primary care physician (PCP) offices, connecting participants to PCP, 1:1 and group education on BP, diet, and exercise

MANAGE SASH staff support participants to better manage blood pressure

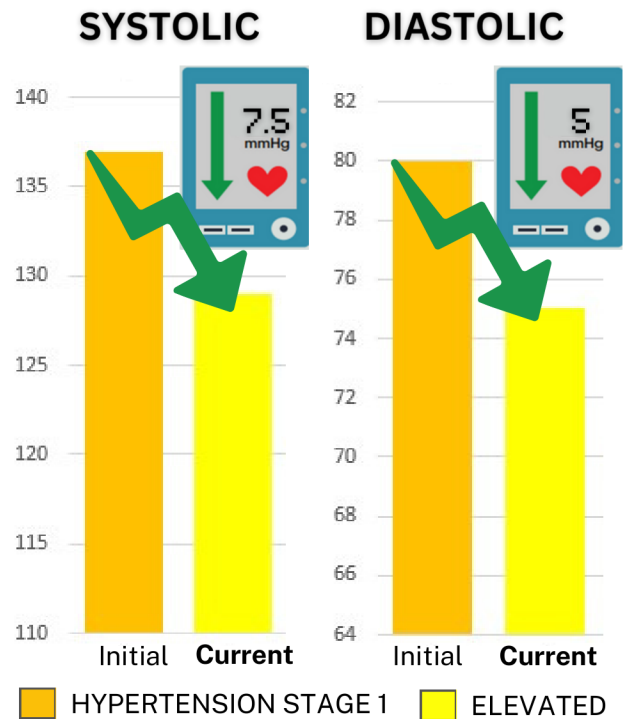
Referrals to BP self-management classes, BP monitoring, loaner cuffs, food support, collaboration with PCP offices, medication reconciliation

OUR RESULTS

Over time, the average systolic blood pressure of these SASH participants decreased by 7.5 mm HG!

SASH Participants Lower Their Blood Pressure

Average 3.3 years in SASH



HOW'S YOUR BLOOD PRESSURE?

